

Extracts.

THE LARK'S EVENING SONNET.

The glow of sunset pales to amber grey,
And still the woodland wraps itself in dew.
The lark has sung his last and sweetest strain,
The day has ended in the quiet of the night.
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The day has ended in the quiet of the night.

GEORGE HAZARD.

HARD AND SOFT WATER.

Hard water has sometimes been thought unhealthy, and has been taken for granted to be the cause of many diseases. But nature rarely makes mistakes, and spring water is almost uniformly hard. It is found, on extensive and careful inquiry, that hard water is more healthful than soft. The body needs some of the salts held in solution in hard water, and suffers if they are not supplied in the same way. In England, countries where hard water abounds are more healthy than those where soft water is used. The same fact appears in cities, where the mortality is least in the sections supplied with hard water. Contrary to the popular impression, the water of the Alps is more healthful than hard, and induces danger. Those who have built rain water cisterns, thinking them more healthy than wells, need to study the wiser method of nature.

PREPARATIONS FOR GOING TO BED.

We should never go to bed with a hope for rest, sleep, and perfect repose, until "all is ready." The preliminaries for retirement are all just as important as are those for the day's duties. We must not go to bed with an overladen stomach, in an anxious or troubled state of mind, or with any excitement or without anticipating or responding to the calls of nature in all respects. Standing over a register, before a fire, or in a steam-heated room, is not the best way to get warm for a night's sleep. We should take some vigorous exercise as will give quick circulation to the blood, and not depend on artificial, but on natural heat. Attention to all these things, followed by such devotional exercises as will bring all the feelings, emotions, and sentiments into accord with the Divine will, subduing passions, removing hatred, malice, jealousy, revenge, and opening the portals of heaven to all who seek rest, peace, and sweet repose. It is a happy custom, with me, to conclude the evening's proceedings by singing sweet, quiet hymns—*"The Day is Past and Gone,"* which brings all present into delightful union with each other, and with "Our Father which art in Heaven."—*Science of Health.*

THE WAR-HORSE OF THE HILLS.

A STORY OF THE SENATORIAL CONTEST OF JONES OF NEVADA.

Just previous to the Senatorial contest which resulted in his election, Hon. J. P. Jones had the following funny adventure in Virginia City which was the cause of him to hire himself out as a "fighter."

Mr. Jones and several friends were in one of the first class saloons sipping their wine, smoking, and chatting, when a rather strange-looking customer entered the place, and sauntering up to the group, began the operation of "eying over" the gentlemen composing it.

He was a man of middle age and medium height, with arms disproportionately long, great spreading hands and knobby fingers. His angular, ungainly form was poorly and scantily clad, and he was topped off with a very curious little bullet head, set upon a very short allowance of neck. From his coat two great, pugy ears, and all that appeared on his face in the way of beard was a jet-black stubbled moustache. This seemed to have been planted a hair at a time with a pegging-awl and hammer, the latter coming down on the defenseless nose as each bristle was inserted, and so intimidating that organ that it had ever since remained crumpled of sight behind the heavy folds of a large livid scar described a semicircle round one of his projecting cheek-bones; and passing down, entered the corner of his mouth, giving to the features an ugly upward hitch on that side. Wabbling his little, glittering gray eyes over the party before him until said eyes rested upon the rotund form and rosy face of Mr. Jones, he pulled off his heavy top hat, which he would have called his head a strap of lard, and tucking it awkward tow, said:

"J. P. Jones, I believe."

"That is my name, Sir," said Jones.

"Correct," sentimentally observed the strange visitor.

"Do you want to see me?" said Jones.

"About three minutes, and in private, if you please."

"Mr. Jones led the way to a large private room in the rear of the saloon."

"Mr. Jones, Sir, you don't know me," said the fellow, "but when you lived in old Louisiana I was in that part of California in the 'Thousand of Calaveras.' I'm a war-horse of the hills and a fighter from A to Z."

"I don't dispute your word, Sir," said J. P., "but how does your being 'war-horse of the hills' concern me?"

"I'm here to tell you: Here now, you are going into this here contest, and it is liable to be a very lively one. About election day it will be a good fight; a fellow to stand up, knock down and drag out for you, a man who can go to the polls and knock down right and left—wade through everything!"

Mr. Jones said he had not thought it would be necessary to have such a man at the polls on election day.

"Oh, but it will," cried the man of middle age. "You see, you don't know about these things. I'll manage it all for you."

"So you want me to hire you as my fighter?"

"Yes, Sir."

"What would be your price from now till after the election?" You see, as I've never yet had occasion to hire a fighter, I don't know much about the value of such services."

"Well, I couldn't undertake the job for less than \$1,000, there'll be lots of work to do."

"Isn't that pretty high?"

"Of course it is a considerable sum, but that's a terrible rough net over here. These Washoe fellows are more on the over and short than is healthy. You see \$1,000 is no money at all when you calculate the risk. I'm liable to be chopped all to pieces, killed with bullets, and other killed out and out or crippled for life. You see \$1,000 is no money at all."

"Well, come to look at it in that light, I don't know but your price is reasonable enough."

"Cheap of course, it is. I rather like your style, or I wouldn't undertake the job at that figure. Come, it is a bargain! Am I your man for the job?"

"Well, not so fast, I am a bit of a fighter, I want the best that is to be had. I don't want a fellow that will be killed and offed about town by every punnier. I am about to pay for a first-class fighter, and I won't have anything less. Calling his eyes fiercely, and thrusting his right hand, then his left, straight out from the shoulder, ducking his

LOVE AND LEARNING.

"Love," says a modern author, "has been compared to death; both keep their captives awake at night and disturb their repose with anxious thoughts of day; are no less solitarily engaged. It is, moreover, suggested that love has been styled 'the tender passion,' from its softening effects on the brain; and also because it affects principally 'the softer sex.' Some have proved themselves impervious to its genial influence; take, for instance, the case of Newton, whose genius was so strong, gazing, mathematical abstractions, and his pipe, was sufficiently evoked by his taking the fair hand of his lady love—not to devote it to the gentle pressure of affection, but to convert the forefinger to the degrading purpose of a tobacco-stopper. Men of letters, science, and philosophy in ancient and modern times have, like him, been so much under the influence of the tender passion, that they have been obliged to the social relationship or been infelicitous in their matrimonial alliances. Probably this has been in part superinduced by the flatteries and attentions of the world at large; and yet it is somewhat singular to find men of letters so much in society, and courted so generally by the fair, should not have addressed enough to escape entanglement in the matrimonial meshes and that busy little fellow Cupid, who is ever going about seeking whom he may conquer, has not been more successful in his conquests on this same subject of love. He has, however, made over the world to the fair sex, and man over forgets the obligations of that duty upon his heart and brain, which create all things new—what was the dawn in him of science, poetry, and art—which made the day of nature radiant with purple light, the morning and night of varied enchantment—when a single tone could thrill the heart, and the most trivial circumstance associated with one form is put in the amber of memory when we become all eyes, when one is present—all memory when one is gone!"

Woman. By Henry Smith, M.D.

THE SECOND COLONIAL SEA AND FIRE INSURANCE COMPANY OF BATAVIA.

THE Undersigned, having been appointed Agents for the above Company, are prepared to GRANT POLICIES against FIRE to the extent of £10,000 on Buildings, or on Goods stored therein, at current rates, subject to an immediate discount of Twenty per cent.

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INSURANCES.

MANCHESTER FIRE ASSURANCE COMPANY OF MANCHESTER AND LONDON.

THE Undersigned have been appointed Agents for the above Company at Hongkong, Canton, Pootung, Shanghai, and Amoy, and are prepared to grant Insurances at Current Rates.

HOLLIDAY, WISE & Co.

1192 Hongkong, 27th June, 1874.

CHINESE INSURANCE COMPANY, (LIMITED).

POLICIES granted at current rates on Marine Risks to all parts of the World. In accordance with the Company's Articles of Association, Two-thirds of the Profits are distributed annually to the Shareholders, who are entitled to a dividend of 15% for shareholders on Capital, and thereafter distributed among Policy holders annually, in cash, at the rate of 10% of the amount of Premiums received.

OLYMPIAN & Co.

1192 Hongkong, 27th June, 1874.

YANGTSE INSURANCE ASSOCIATION OF SHANGHAI.

CAPITAL AND SURPLUS \$800,000 TABLES.

POLICIES granted on Marine Risks to all parts of the World, at current rates, in accordance with the Company's Articles of Association, Two-thirds of the Profits are distributed annually to the Shareholders, who are entitled to a dividend of 15% for shareholders on Capital, and thereafter distributed among Policy holders annually, in cash, at the rate of 10% of the amount of Premiums received.

RUSSELL & Co.

1192 Hongkong, 27th June, 1874.

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